
“Festive Family Thanksgiving Cookbook”

Turkey

5 Easy Steps To A Safe And Delicious Turkey

1. Selecting the turkey:

Use ½ to 1 pound per person for serving sizes of 3 ounces and 2-3 days of leftovers. Pre-basted turkeys have more fat and are not suggested.

2. How to defrost safely:

Defrost the turkey in the refrigerator. Allow 1 day for every 5 pounds of turkey to thaw. Place turkey on the bottom shelf of the refrigerator on a large plate to catch drippings. If the turkey is not thawed by Thanksgiving, it may be defrosted in cold water in its airtight packaging or in a leak-proof bag. Submerge the bird in cold water, changing the water every 30 minutes to be sure it stays cold. Never defrost a turkey by leaving it on the counter.

3. Preparation:

This is what you need to have: shallow baking pan, aluminum foil, thermometer, carving knife. For safety and uniform cooking, a stuffed turkey is not recommended. If you do choose to stuff the turkey, place the stuffing in the turkey right before cooking. Never stuff a turkey in advance.

Remove the giblets and neck from the body and neck cavities. Rinse turkey well inside and out. Tuck wing tips under the back of bird. Place the turkey breast side up in a shallow pan. If you like, add ½-cup water. If using an oven safe thermometer, place it deep into the lower part of the thigh next to the body, not touching the bone. If an instant-read thermometer is used, check the internal temperature periodically during the cooking. Cover the turkey with aluminum foil and place on the rack in a shallow baking pan. Remove the aluminum foil for browning during the last 30 minutes.

4. Cooking The Turkey:

Roast at 325° degrees F. Baste the turkey several times with the pan drippings. Always use a clean basting utensil each time the turkey is basted in order to prevent cross-contamination.

The turkey is fully cooked when the thigh’s internal temperature is 180° degrees F. The thickest part of the breast of the turkey should read 170° degrees F and the center of the stuffing should be 165° degrees F. If a thermometer is not available, pierce an unstuffed turkey with a fork in several places; juices should be clear with no trace of pink.

How long to cook the turkey:

Turkey Roasting Timetable	Unstuffed Turkey
8 to 12 pounds	2¾ to 3 hours
12 to 14 pounds	3 to 3¼ hours
14 to 18 pounds	3¾ to 4¼ hours
18 to 20 pounds	4¼ to 1½ hours
20 to 24 pounds	4½ to 5 hours
Stuffed Turkeys - Add ¼ to ½ hour to times listed above.	



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5. Carving the Turkey:

Allow the turkey to stand for 20 minutes before carving. Place bird on a sturdy, even surface. Hold turkey firmly with fork, and cut downward making thin, even slices.

Food Safety Tips:

Watch for cross-contamination. Cross-contamination occurs whenever raw meat and meat juices come into contact with other foods. Cooked food must not be placed on an unwashed plate, cutting-board, or counter that previously held raw meat.

Immediately wash all utensils that have touched raw meat or meat juices before using on any other food. Remember to wash in hot, soapy water cutting boards and utensils used throughout preparation.

According to food safety experts, a thermometer is the only reliable way to determine if the turkey is completely cooked. To be safe, meat must be cooked to an internal temperature high enough to destroy any harmful bacteria.

Questions on food safety can be answered by calling the USDA Meat and Poultry Hotline at (800) 535-4555 or California Department of Food and Agriculture's Consumer Information Hotline at (800) 675-2427. The USDA Website on food safety is <http://www.fsis.usda.gov/>

3 oz. of White Meat without Skin

Nutrition Facts Per Serving: 134 Calories, 3 g Total Fat, 27 Calories from Fat, 1 g Saturated Fat, 59 mg Cholesterol, 54 mg Sodium.

3 oz. White Meat with Skin

Nutrition Facts Per Serving: 167 Calories, 7 g Total Fat, 63 Calories from Fat, 2 g Saturated Fat, 65 mg Cholesterol, 54 mg Sodium.

3 oz. of Dark Meat without Skin

Nutrition Facts Per Serving: 159 Calories, 6 g Total Fat, 54 Calories from Fat, 2 g Saturated Fat, 72 mg Cholesterol, 67 mg Sodium.

3 oz. of Dark Meat with Skin

Nutrition Facts per Serving: 188 Calories, 10 g Total Fat, 90 Calories from Fat, 3 g Saturated Fat, 76 mg Cholesterol, 65 mg Sodium.

